

AT-HOME TIPS FOR FAMILIES

- ★ Collaborate with your child to organize the day to include time for learning, movement, and creative expression.
- ★ Keep in mind that most elementary-age children can work on a task for 15-25 minutes at a time.
- ★ Read to and with your child and have conversations about what you've read together.
- ★ Take a walk and ask about your child's observations.
- ★ Encourage critical thinking - Play "Would You Rather?". Solve a problem together. Ask a "Question of the Day" and talk about it with your child. Discuss current events that are "kid-friendly" and consider both sides of an issue.
- ★ Encourage conversations about mathematics in your child's day. Enjoy sharing your favorite recipe with your child or find shapes in nature.
- ★ Explore your child's creativity by creating art, music, or dance.
- ★ Write a letter to a relative, a friend, a teacher, or community hero.
- ★ Be mindful of screen time and have alternatives for children to play outside.
- ★ Use social media for good. Social distancing can be isolating. Try video chats, FaceTime, or social media to help your child stay in touch with friends and family.
- ★ Listen to your child about his or her feelings and fears and offer comfort, honesty, and reassurance.
- ★ Offer your child quiet time or time to do something independent.
- ★ Make time to do something as a family: go outside, watch a movie, play a game, prepare a meal, build something.
- ★ Try not to have the news on all the time when your children are in the room. This can increase fear and anxiety. Be sure to talk together about what they are hearing and correct any misinformation or rumors they may hear.